

Stretch Break with Melissa Easdon



Foot Stretch:

Start seated in a chair and lift one leg up. Once you have lifted it to a comfortable position, spread your toes open wide and bring them back together. Do this 3-5 times on one foot and then repeat on the other side.



Foot, Ankle and Heel Stretch:

Returning to your starting position, flex your foot back and then point your toe forward. Do this 3-5 times on one foot and then repeat on the other side.



Foot/Ankle Stretch:

Return to your starting position, point your foot and rotate your foot one direction in a circle, then go the opposite way. Do this 3-5 times on one foot and then repeat on the other side.



Hip Stretch:

Place one ankle atop your opposite knee while the other foot is flat on the floor. You may feel some stretch with just this activity. If not, lean your body weight forward, folding over your lap to increase the intensity. Hold this for 15-30 seconds on each side.



Hip and Lat Stretch:

Turn one leg out to the side of the chair. Straighten the remaining leg in front of the chair. Place your forearm on your thigh and reach your opposite arm up and over of this stretch. Keep your posture upright for maximal stretch. Hold for 15-30 seconds and then switch and repeat on the opposite side.



Hamstring Stretch:

While seated, straighten one leg out in front of the chair resting on your heel. Leave the other leg bent. By hinging at the hips, lean your upper body over your lap. You can rest your arms on your knee, or let your body fold over your legs for a deeper stretch. Hold this for 15-30 seconds and then switch sides.



Wrist Stretch:

Extend your arm with your palm facing forward. Take your opposite hand and gently pull back on your fingers. Next, put your palm down, and use your opposite hand to apply pressure to the back of your hand. Hold each for 5-15 seconds and then repeat on the opposite hand.



Squeeze and Release:

Squeeze your hands tight in a ball and then stretch them out spreading your fingers wide. Repeat this 3-4 times.



Cat and Cow Stretches:

While seated in a chair with your feet flat on the floor, arch your back and lean your chest forward. Hold for 2-3 seconds and then push your chest forward and arch your back for 2-3 seconds. Repeat this motion 3-5 times.



Side Twist:

Leaving both feet flat on the floor. Reach with your right arm for the back of your chair, twist your torso and grab the side of the chair with your left hand. Look backwards and breathe deeply into this twist. Hold for 10-20 seconds, release and repeat on the opposite side.



Hip and Lat Stretch:

Place both feet flat on the floor. With one hand, grab the side of the chair by your mid-thigh. Take the opposite arm up and stretch over to the opposite side (keep your back straight up, do not lean forward). Hold for 15-30 seconds and then switch sides and repeat.



Low Back Stretch:

Simply lean forward in your chair and rest your forearms on your thighs. If this is not enough stretch, you can lean your body weight over your lap like picture 2. Hold for 15-30 seconds. Come up slow to prevent dizziness.



Shoulder Stretches:

Reach up as high as you can for this first stretch, hold 3-5 seconds. Next, grab your chair on either side with your hands and then elevate your shoulders up for a stretch across the front of your chest and shoulders. Hold 3-5 seconds.



Shoulder Stretch:

Take one arm across your chest and use your other to hug it to your body. Hold on each side for 5-10 seconds.



Chest Stretch:

Grab the back of your chair with both hands, have your feet flat on the floor and lean your body weight forward to feel the stretch. Hold 5-10 seconds. If it causes pain, do not do this stretch.



Neck Stretches:

Gently, rotate your head to look as far left as you can. Hold 10-20 seconds. Come back to center, then look as far to the right as you can. Hold 10-20 seconds and release. Be very gentle.



Neck Stretches:

Look down and let your chin drop to your chest. Hold 10-20 seconds, then look up and feel the stretch on the front of your neck for 10-20 seconds. Be very gentle and move slowly in all of the neck stretches.



Side Stretches for your Neck:

Gently lean your head towards your shoulder on one side, hold for 3-5 seconds then come back to center. After you have returned to center, gently lower to the opposite side and repeat.